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## Denise Zervos

serving the community and  
those in need for over 15 years

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A community  
member's stand  
for what's right.

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# Denise Zervos at Maison Ogilvy—serving the community and those in need for over 15 years

*She started in 2003 after a career in the food industry ... only over the last two decades she's been doing it simply because she cares about people and she does it for free*



**DOMENIC MARINELLI**  
Local Journalism Initiative Reporter  
For The Parc-Extension News  
domenic@newsfirst.ca

The Hellenic Social Services of Quebec have been serving the community for quite some time, and as they don't need an introduction to so many of you, perhaps they need an introduction to a few out there that aren't exactly aware of what they have accomplished in their years of service to one and all.

Specifically, the work they've been doing with their weekly food drive is definitely worthy of note, as it came to a surprise even to me who had written about this association and the work they've done in the past.

## A chance happening

I was on my way to cover another story, driving along Ogilvy when I happened upon a bunch of people in the small park attached to the Maison Ogilvy building. As a reporter, being drawn to a crowd certainly helps me do what I do, so I started asking questions, and as it turned out, the food drive was one that had already been happening at the William Hingston Center for years. Apparently they had moved to this new location in the last few years. Those in need of this service can consult the Hellenic Community of Greater Montreal website.

## Restrictions because of Covid-19

They needed to start doing things a tad differently because of the pandemic and that's understandably so. Specifically, the major differences are the fact that they only give food out by appointment—those in need call or register and make official appointments with specific times to pick up their goods, and no one is allowed in the building other than the volunteers ... the bags of food are brought to the door when a specific appointment time is called and those people show up.

## Mary Arvanitaki

I got to sit down with Mary, who is responsible for the drive and many other goings-on a few weeks back and she filled me in on the ins and outs of Maison Ogilvy. She has been there for the last few years, many having had the job before, but she runs the place with the help of volunteers ... people who give of their time freely to help the community. Mary, who was born in Park Ex, returned to Greece and returned eventually to Park Ex, takes her job seriously and cares about those of the community who are in need.

She told us that a total of 4 different organizations work out of Maison Ogilvy, all under the same roof, and a big aspect of the center is of course the work done for the elderly.

## Denise Zervos & her band of merry volunteers

And at the helm of those volunteers is a woman who has given just about 18 years of her life to this cause. Enter Denise Zervos. She takes to her job with a dedication to the community but with an equally strong disposition. Essentially, you can't push this lady around—even if you tried and she doles out the food with a caring but cautionary disposition, as mentioned. But 18 years is definitely saying something, especially when it's all on a volunteer basis.

She started in the restaurant and bar industry, and having had enough in that realm of food service, she decided to volunteer at food drives in the community. She has seen 5 supervisors take the helm, as Mary has, and has worked with them all, each and every single one of these supervisors



Denise Zervos at the helm, clipboard in hand, calling out appointments and subsequently handing out bags of food

**“She takes to her job with a dedication to the community but with an equally strong disposition. Essentially, you can't push this lady around—even if you tried and she doles out the food with a caring but cautionary disposition, as mentioned.”**

giving Denise the space she requires to do the work, and she does it well and effectively.

Also volunteering are Anastasia and Christian, as well as many others ... people who give of their time.

## A call for more volunteers

Her only gripe after all this time is that it would be nice to have a truck, she says, as many of the volunteers are using their own cars to pick-up and/or deliver, so she would love to see the organization or even better, perhaps members of the community with trucks or trucks to lend come forward.

In the end, they can always use more volunteers. Those that wish to help can contact the Hellenic Community or Mary Arvanitaki at marvanitaki@hcgm.org

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3860, boul. Notre-Dame, # 304,  
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Tel: 450-978-9999 • Fax: 450-687-6330

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## Publishers:

George Bakoyannis  
George S. Guzman

## General Director:

George Bakoyannis

## VP Sales & Marketing:

George S. Guzman  
sales@newsfirst.ca

## Graphic Design:

Costa Hovris  
Elena Molter  
Thomas Bakoyannis

## Advertising Consultants:

Peter Stavropoulos  
peter@newsfirst.ca

Jean Paul Chamberland

## Editorial Staff:

Martin C. Barry  
Domenic Marinelli  
Dimitris Ilias  
Renata Isopo  
Robert Vairo  
Alberto del Burgo  
Savas Fortis  
James Ryan

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# OPINION & Editorial



## PARLEZ-MOI D'HUMOUR

Alcide Borik



### Dès le 19 au 26 août 1944

La Libération de Paris a été rapportée dans un nombre incalculable  
d'images profondément émouvantes qui sont arrivées jusqu'à nous.

J'ai cru, ce 7 novembre revoir ces mêmes images. Il n'y manquait que  
ces images de belles parisiennes en robes fleuries escaladant les blindés  
de la libération à l'assaut de tankistes souriant sous leurs masques en  
charbonnés qui les embrassaient à gueules que veux-tu, sous les accents  
poignants d'une Marseillaise entrecoupée de cris, de rires, de bravos,  
la liesse a embrasé la France et s'est étendue dans une grande partie du  
Monde Libre. Ce désir de prendre une douche de propreté, d'honnêteté  
et de moralité après l'horreur de l'arbitraire nazi, avec ses injustices, sol-  
licite nos âmes et nous prépare probablement à l'arrivée en mai prochain  
à un super boom des naissances. !

Le soulagement des Étatsuniens grâce à ce qu'ils considèrent comme une  
lapidation des collabos nous prépare surtout à une réparation fréné-  
tique d'une société malade par des réajustements. Même la Covid19 est  
passée sous les radars! ... *Et l'inclusion des peuples encore considérés  
comme "sauvages", à l'effort commun de sauver nos lendemains, de la  
faim, de la pollution, des transformations climatiques, de l'ignorance,  
de la maladie et des virus intempestifs.*

Bien sûr, l'histoire nous apprend qu'il faudra prendre beaucoup de  
photos, car les magouilles et la désinformation des lobbyistes (1) se  
chargeront bien vite de nous faire oublier nos bonnes résolutions et la  
croisière des patineurs de fantaisie du genre Julliani retrouveront les  
arénas olympiques, Il n'en demeure pas moins qu'il faudra prendre bien  
des photos pour confondre un jour un "trumpiste" de service que si la  
civilisation U.S. s'est portée brutalement à la défense du monde libre,  
sa population vient, une fois de plus, de donner un vigoureux coup de  
volant pour se sauver et sauver le reste du monde.

Alberto delBurgo

(1) **Lobbyiste** : personnalité dont la profession est de convaincre les politiciens  
élus de modifier leurs décisions politiques pour les accommoder au désir de  
volontés étrangères, moyennant avantages souvent inavouables.!

## Letters to the Editor

### What a Democratic win in the US means for Canada

Now that Joe Biden has won the  
American election, what does this  
mean for Canada and for relations  
between the two nations?

I read *The Art of the Deal* by Donald Trump back  
in 2004. Believe it or not, at the time I wanted to be  
a mogul jut like him and I wanted to start my empire  
by opening up a chain of video stores, eventually  
moving onto real estate ... all the while working  
on writing the next epic Canadian novel that was.

Well, there are no more video stores and I tired of  
real estate over the years and Donald Trump did a bit  
of changing over the years as well. This might not be  
so popular to say, but I did have a lot of respect for  
the man, especially after I read his book, so despite  
how his presidency turned out, I won't be bashing  
him here.

My purpose with this piece is to historically show  
how relations between Canada and the US have  
been better when a democratic president was in  
power to the south and a liberal was in power here  
in the North ... a simple comparison if you will, to  
what we've seen over the last four years, and in the  
decades before.

Jean Chrétien and Bill Clinton

Both Jean Chrétien and President Bill Clinton loved  
golf. In April of 1997, President Clinton stated: "I

► Continued on page 13

**You've got a  
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# Real-estate soars in Park Ex despite second wave of pandemic

*Montreal's resale market astonishingly shows no signs of slowing in October, despite the second wave of the Covid-19 pandemic*



**DOMENIC MARINELLI**  
Local Journalism Initiative Reporter  
For The Parc-Extension News  
domenic@newsfirst.ca

All over the city of Montreal, real estate is in great condition despite early worries that earlier success during the pandemic would eventually turn toward a downward spiral. Even in our very own Park Extension, things haven't at all shown signs of slowing down in the slightest.

## A few recent statistics & recordings

The Quebec Professional Association of Real Estate Brokers (QPAREB) has just released its residential real estate market statistics for the Montreal Census Metropolitan Area for the month of October, and it's based on the real estate brokers' Centris provincial database.

Director of market analysis at the QPAREB, Charles Brant stated: "With a historic 37 per cent jump in sales in October, the Montreal CMA maintained a strong increase in sales and a substantial decrease in active listings in the outlying areas of the Island of Montreal."

## As things stood during the early stages of the pandemic

Covid19 certainly did a lot of damage and while that certainly was an understatement I made at the time of the first wave, I'd say it's safe to assume that we all have suffered a tad at the hands of this terrible pandemic even further as the months progressed, and in all facets. But, there is a silver lining visible from a great distance and perhaps many have benefited from this time of disaster in the end, as they certainly did then. And still, as then, things are looking up in the realm of real estate and here's why once again.

We even spoke to local Montreal real estate agents and both stated that the market was indeed crazy at the time.

In Canada, Toronto and Vancouver hold the title for having the busiest and most lucrative markets when it comes to real estate, but apparently, Montréal broke a record of its own just this past July, ranking it a close third at least for a time.

Julie Saucier, the president of the Quebec Professional Association of Real Estate Brokers, told CTV news during the first wave and shortly after: "Right now the market is really crazy in Montreal. But it's really tough to say: is it because people waited, and now they can go back and sell their house? Or is it really that we're seeing a new trend? What we're trying to see is whether it's that people want to have an office at home, or an extra room where they'll be able to work from home, or is it that I want one of my parents to live with me



Amazingly, Montreal's resale market still not showing signs of slowing in October, despite the second wave of the pandemic (Free image via Pixabay)

"Right now the market is really crazy in Montreal. But it's really tough to say: is it because people waited, and now they can go back and sell their house? Or is it really that we're seeing a new trend?"

Julie Saucier, President of the Quebec Professional Association of Real Estate Brokers,

because I don't want them to go in a CHSLD." But of course, that was as things stood then. But now as the second wave has surely hit and has nestled in quite comfortably as it seems, the market is still yet to be affected negatively, as surprising as that is.

## OCTOBER HOUSING MARKET



- Significant sales increases in many periphery markets, including Vaudreuil-Soulanges (+63 per cent), the North Shore (+52 per cent) and Laval (+38 per cent), and equally remarkable for Saint-Jean-sur-Richelieu (+33 per cent), the South Shore (+31 per cent) and the Island of Montreal (+29 per cent).
- By property category, plexes (2 to 5 dwellings) and condominiums registered the largest sales increases (+37 per cent), followed very closely by single-family homes (+36 per cent).
- Active listings increased for condominiums (+12 per cent) and plexes (+3 per cent), which has not been seen since 2014 for a month of October, in contrast to single-family homes, which continued to decline sharply (-35 per cent).
- Median prices continued to rise significantly: single-family homes (+21 per cent), condominiums (+16 per cent) and plexes (+12 per cent).
- Record number of visits to the Centris.ca website, up 71 per cent compared to October of last year. This technology platform allows virtual open houses and private interactive showings, an advantage for real estate brokerage professionals and their clients.



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# A community member's stand for what's right

*Tenant, Abdul Waheed, doesn't take 'No' for an answer ... going to any member of the press & government that will listen, and even fighting off lucrative offers for personal gain for the good of his community*



**DOMENIC MARINELLI**  
Local Journalism Initiative Reporter  
For The Parc-Extension News  
domenic@newsfirst.ca

Things have taken an interesting turn for the best, but not without the diligent hard work from community member Abdul Waheed, a tenant in a building on Bloomfield in Park Extension, a tenant that over the last few months and years has suffered greatly at the hands of landlords that have abused their power.

## A Review of the situation so far

In recent weeks, tenants in a building on Bloomfield in Park Extension have banded together in order to fight their landlord after a rent hike of astronomical proportions. As has been reported by other news outlets—as well as us—the situation has certainly turned volatile. I visited the apartment and was taken on a tour by Abdul Waheed, a resident who reached out to me when things started to get really bad a few weeks back.

Waheed's front door neighbor, a Mr. Narinder Singh Thethy, stated that his rent was initially \$565 and it has now been hiked to \$720 and of course he too must now pay heating and hot water every single month in addition to this incredible hike. This was the case for all in the building—give or take a few dollars for every case.

In addition to all of this Waheed spoke of abuse from said landlord, and both in physical and verbal aggression. The whole ordeal sparked a reaction online and many came forward in

support. But now that weeks have passed, how do things stand? How have things turned out for the people?

## An early reaction

I got a phone call from City Councilor Mary Deros in response to the piece I wrote about the aforementioned building owner that purchased the building on Bloomfield and hiked rents up astronomically after doing a few renovations, and Mary Deros had this to say: "They should go to the Provincial Government." How owners deal with their tenants is something the rental board can help them with, she also stated. She felt that the situation that the tenants found themselves in on Bloomfield was terrible and not at all just. She feels for those people.

So Waheed listened to Mary Deros' suggestion and he decided to take it up with the Provincial Government.

He spoke to Andres Fontecilla; he attended a food drive that Waheed organizes in conjunction with many restaurants in Park Extension—especially those affected by Covid-19—held every Saturday. He told him about the situation he was facing. Representatives for Andres Fontecilla said that the wheels turn slow, but they would look into it.

## An old story, says Waheed

The previous landlord didn't listen. The rental board decided in Waheed's favor when he went to them back then ... saying that the owner must do the repairs, and that was never implemented until the building was sold ... then the new landlord showed up.



It is unclear who spray painted the wall of the building but the message delivered is quite clear and to one and all—the community has had enough.

## Developments in recent weeks

In recent weeks, however, things took a turn for the worse, seemingly like something out of a spy or rather mafia movie of the eighties. And although the below allegations are surreal, Waheed swears by them and goes on the record: Abdul Waheed was summoned by the landlord's accountant. Waheed decided to take the meeting and was told of the landlord's financial suffering: "He's broke!" said the accountant. He was then told that he would be given anything he wanted, as long as he left the building. Waheed declined.

He was then approached again and was told that they would do work on his apartment to improve living conditions and his apartment alone—none

of the other apartments would be worked on—as long as he kept quiet moving forward. To this as well, Waheed declined. He said that it was all apartments or none at all ... "all families in the building deserved to be taken care of," he stated. "The well-being of one and all is what should be the priority of the landlord."

Finally, the landlord seemed to have caved ... pressure from social media attention and courage on the part of tenants like Waheed, as verbally, the landlord stated that he wouldn't hike up the rents anymore, leaving them at \$570 per month, and all that's left to get him to agree to is once again paying for hot water and heating ... an uphill battle nonetheless, says Waheed.



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## Prenez soin de vous

- Mettez sur vos forces personnelles et ayez confiance en vos capacités.
- Rappelez-vous les stratégies gagnantes que vous avez utilisées par le passé pour traverser une période difficile. Il n'y a pas de recette unique, chaque personne doit trouver ce qui lui fait du bien.
- Accordez-vous de petits plaisirs (écouter de la musique, prendre un bain chaud, lire, pratiquer une activité physique, etc.).
- Si c'est accessible, allez dans la nature et respirez profondément et lentement.
- Apprenez à déléguer et à accepter l'aide des autres.
- Demandez de l'aide quand vous vous sentez dépassé par les événements. **Ce n'est pas un signe de faiblesse, c'est vous montrer assez fort pour prendre les moyens de vous aider.**
- Contribuez à l'entraide et à la solidarité tout en respectant vos limites personnelles et les consignes de santé publique. Le fait d'aider les autres peut contribuer à votre mieux-être et au leur.
- Prenez le temps de réfléchir à ce qui a un sens ou de la valeur à vos yeux. Pensez aux choses importantes dans votre vie auxquelles vous pouvez vous accrocher quand vous traversez une période difficile.
- Limitez les facteurs qui vous causent du stress.
- Bien qu'il soit important de vous informer adéquatement, limitez le temps passé à chercher de l'information au sujet de la COVID-19 et de ses conséquences, car une surexposition peut contribuer à faire augmenter les réactions de stress, d'anxiété ou de déprime.



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*Aller mieux à ma façon* est un outil numérique d'autogestion de la santé émotionnelle. Si vous vivez des difficultés liées au stress, à l'anxiété ou à la détresse, cet outil peut contribuer à votre mieux-être puisqu'il permet de mettre en place des actions concrètes et adaptées à votre situation. Pour en savoir plus, consultez [Québec.ca/allermieux](https://quebec.ca/allermieux)



## Laissez vos émotions s'exprimer

- Gardez en tête que toutes les émotions sont normales, qu'elles ont une fonction et qu'il faut se permettre de les vivre sans jugement.
- Verbalisez ce que vous vivez. Vous vous sentez seul? Vous avez des préoccupations?
- Donnez-vous la permission d'exprimer vos émotions à une personne de confiance ou de les exprimer par le moyen de l'écriture, en appelant une ligne d'écoute téléphonique ou autrement.
- Ne vous attendez pas nécessairement à ce que votre entourage soit capable de lire en vous. Exprimez vos besoins.
- Faites de la place à vos émotions et aussi à celles de vos proches.



## Utilisez judicieusement les médias sociaux

- Ne partagez pas n'importe quoi sur les réseaux sociaux. Les mauvaises informations peuvent avoir des effets néfastes et nuire aux efforts de tous.
- Utilisez les réseaux sociaux pour diffuser des actions positives.
- Regardez des vidéos qui vous feront sourire.



## Adoptez de saines habitudes de vie

- Tentez de maintenir une certaine routine en ce qui concerne les repas, le repos, le sommeil et les autres activités de la vie quotidienne.
- Prenez le temps de bien manger.
- Couchez-vous à une heure qui vous permet de dormir suffisamment.
- Pratiquez des activités physiques régulièrement, tout en respectant les consignes de santé publique.
- Réduisez votre consommation de stimulants : café, thé, boissons gazeuses ou énergisantes, chocolat, etc.
- Buvez beaucoup d'eau.
- Diminuez ou cessez votre consommation d'alcool, de drogues, de tabac ou votre pratique des jeux de hasard et d'argent.

## Aide et ressources

Le prolongement de cette situation inhabituelle pourrait intensifier vos réactions émotionnelles. Vous pourriez par exemple ressentir une plus grande fatigue ou des peurs envahissantes, ou encore avoir de la difficulté à accomplir vos tâches quotidiennes. Portez attention à ces signes et communiquez dès que possible avec les ressources vous permettant d'obtenir de l'aide. Cela pourrait vous aider à gérer vos émotions ou à développer de nouvelles stratégies.

### • Info-Social 811

Service de consultation téléphonique psychosociale 24/7

### • Regroupement des services d'intervention de crise du Québec

Offre des services 24/7 pour la population en détresse :  
centredecrise.ca/listecentres

### • Tel-Aide

Centre d'écoute offrant des services 24/7 aux gens qui souffrent de solitude, de stress, de détresse ou qui ont besoin de se confier : 514 935-1101

### • Écoute Entraide

Organisme communautaire qui soutient les personnes aux prises avec de la souffrance émotionnelle : 514 278-2130 ou 1 855 EN LIGNE (365-4463)

### • Service d'intervention téléphonique

Service de consultation téléphonique 24/7 en prévention du suicide :  
1 866 APPELLE (277-3553)

**Québec.ca/allermieux**

 **Info-Social 811**

**Québec**    



# Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

## Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



### The *Getting Better My Way* digital tool

*Getting Better My Way* is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)





## Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



## Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



## Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

## Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

### • Info-Social 811

Info-Social 811 is a free and confidential telephone consultation service available 24/7

### • Regroupement des services d'intervention de crise du Québec

Provides 24/7 referral services for people in distress (French): [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres)

### • Tel-Aide

Helpline that provides 24/7 assistance to people who are isolated, in distress or need someone to talk to: 514 935-1101

### • Écoute Entraide

Community organization that supports people experiencing emotional distress: 514 278-2130 or 1 855 EN LIGNE (365-4463)

### • Suicide prevention crisis helpline

Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)

**Québec.ca/GettingBetter**

 **Info-Social 811**

**Québec**    



continued from the previous

The situation I had to deal with as deputy minister of finance in the 1990s was one of good growth, stable inflation but unexpectedly high interest rates. This meant the burden of borrowing costs as a share of ever-growing government revenues kept rising, and therefore required program expenses to be seriously slashed and painfully high unemployment insurance premiums left intact.

Our grasp of what comes next was tenuous before COVID-19 and is now even more so. Growth (G) could be weaker and interest rates (R) higher, pushing the share of revenues required to service debt well above 10% and squeezing out better spending, as it did just 25 years ago. It cannot be overstated that control of debt service costs is essential to maintaining social and economic programs and keeping the tax burden on the middle class at reasonable levels.

And so I would recommend:

- The government taper its deficit spending and borrowing needs in deliberate steps over the next two to three years, with the objective of bringing deficits down to 1% of GDP (\$20 billion).
- The government move from using debt-to-GDP as its sole fiscal anchor to adopting one based on debt servicing costs.
- The government therefore tie future borrowing, expenditure and revenue plans to the rock of sustainable debt service costs not to exceed 10% of annual government revenues.

Ultimately, at this stage in our fiscal path, a debt servicing/revenue formula based on prudent growth and interest rate assumptions provides a better anchor for fiscal sustainability than the debt/GDP ratio alone.

CONCLUSION

There is a stipulation on fiscal management, however, which brings us back to the paper's opening section on the critical importance of the current account. For G to remain greater than R over the medium and long term, government borrowing must be primarily used to finance investments that will augment the growth of domestic production and the global competitiveness of Canadian industry.

When investors—foreign and domestic—see the tangible evidence of Canada's commitment to future growth (even in a carbon-constrained world), both our fiscal and current account balances will be more readily judged sustainable. Any risk premium that borrowers might otherwise demand will be eliminated, reinforcing the strength of the Canadian dollar and a lower R.

But if government finances are overly directed to maintaining today's consumption over tomorrow's return on investment, then G will be diminished, the risk premium on R will rise and, disastrously, R will exceed G. The resulting higher debt charges will place an intolerable and unsustainable burden on future taxpayers and limit the capacity of future governments to support Canadians in times of weakness.

In summary, what we need this fall is an economic plan from the Government of Canada that does three things:

APPENDICES

Appendix A

Current	A/CGoods Balances					Service Balances			Net investment income			Current A/C			
	Total...	Total ...	Energy..	Elect....	MV & parts...	Cons. Gds..	Other .	Total .....	Travel.....	Transport.....	Other .....	Total .....	Direct.....	Portfolio.....	Other
1997.....	-1.3	2.8	1.8	-1.8	0.8	-1.5	3.5	-0.8	-0.4	-0.3	-0.1	-3.2	-0.4	-2.7	0.0
1998.....	-1.3	2.5	1.7	-2.0	1.0	-1.5	3.3	-0.5	-0.2	-0.3	-0.1	-3.3	-0.4	-2.7	0.0
1999.....	0.2	4.1	1.9	-2.1	2.0	-1.3	3.6	-0.5	-0.2	-0.3	-0.1	-3.4	-0.8	-2.4	0.0
2000.....	2.6	6.0	3.2	-1.8	1.7	-1.1	4.0	-0.4	-0.2	-0.2	0.1	-3.1	-0.8	-2.1	0.0
2001.....	2.2	6.1	3.2	-1.7	1.7	-1.1	4.0	0.4	-0.1	-0.3	0.0	-3.5	-1.4	-2.0	0.0
2002.....	1.7	4.7	2.7	-1.6	1.2	-1.1	3.5	-0.3	-0.1	-0.3	0.0	-2.7	-0.7	-1.9	0.0
2003.....	1.2	4.4	3.2	-1.4	0.7	-1.1	3.1	-0.5	-0.3	-0.4	0.1	-2.6	-0.8	-1.7	-0.1
2004.....	2.3	4.9	3.2	-1.5	0.7	-1.1	3.6	-0.4	-0.2	-0.3	0.1	-2.0	-0.5	-1.4	-0.1
2005.....	1.9	4.3	3.7	-1.4	0.4	-1.3	2.9	-0.4	-0.3	-0.4	0.3	-1.8	-0.6	-1.2	-0.2
2006.....	1.4	3.2	3.3	-1.4	0.0	-1.7	3.0	-0.5	-0.4	-0.4	0.4	-1.1	0.0	-0.8	-0.2
2007.....	0.8	2.9	3.4	-1.4	-0.4	-1.9	3.2	-0.8	-0.6	-0.5	0.3	-1.1	-0.1	-0.6	-0.2
2008.....	0.1	2.7	4.1	-1.5	-0.8	-2.1	3.0	-0.9	-0.7	-0.6	0.4	-1.4	-0.5	-0.7	-0.2
2009.....	-2.9	-0.4	2.8	-1.6	-0.9	-2.4	1.8	-1.0	-0.8	-0.5	0.3	-1.1	-0.1	-0.9	-0.3
2010.....	-3.6	-0.5	2.8	-1.9	-0.9	-2.3	1.6	-1.3	-0.9	-0.6	0.1	-1.3	-0.2	-1.2	-0.3
2011.....	-2.7	0.1	3.3	-1.9	-0.9	-2.2	1.8	-1.2	-0.9	-0.6	0.3	-1.3	-0.1	-1.2	-0.3
2012.....	-3.5	-0.7	3.1	-1.9	-0.8	-2.3	1.2	-1.2	-0.9	-0.5	0.3	-1.3	-0.2	-1.1	-0.3
2013.....	-3.1	-0.4	3.7	-1.9	-0.9	-2.3	1.1	-1.2	-0.9	-0.5	0.2	-1.3	-0.2	-1.1	-0.3
2014.....	-2.3	0.3	4.3	-1.8	-0.9	-2.3	1.0	-1.2	-0.9	-0.5	0.2	-1.1	0.0	-1.0	-0.3
2015.....	-3.5	-1.2	2.7	-1.9	-0.6	-2.4	1.1	-1.3	-0.9	-0.5	0.1	-0.7	0.5	-1.1	-0.3
2016.....	-3.1	-1.2	2.3	-1.8	-0.5	-2.3	1.1	-1.1	-0.7	-0.5	0.1	-0.5	0.6	-1.0	-0.2
2017.....	-2.8	-1.1	3.0	-1.8	-0.9	-2.5	1.2	-1.1	-0.6	-0.5	0.0	-0.2	1.0	-1.1	-0.4
2018.....	-2.5	-1.0	3.3	-1.9	-1.1	-2.5	1.1	-1.0	-0.5	-0.6	0.1	-0.2	1.1	-1.2	-0.3
2019.....	-2.0	-0.8	3.3	-1.8	-1.0	-2.4	1.0	-0.9	-0.5	-0.6	0.2	-0.1	1.2	-1.2	-0.3

Source: Statistics Canada, tables 36-10-0018-01 and 36-10-0019-01.

- Provides for borrowing to begin a downward track starting in 2021 and 2022
- Uses that borrowing to augment investment in human, physical and intellectual capital with a mind to improving our productive capacity and export potential and, therefore, growth.
- Reduces the deficit/GDP ratio to no more than 2% in next two years and 1% thereafter, with a fiscal anchor established that interest payments on the debt will not exceed 10% of federal budget revenues.

What is clear is we cannot continue to borrow from foreigners in order to maintain our standard of living. It was questionable before COVID-19 and is untenable after. A permanently rising current account deficit is not sustainable. Inevitably, at some unforeseen moment, it will bite us in the back.

In the final analysis, rising domestic incomes require increased value-added production at home that can also be exported abroad. Governments can only redistribute income that is actually produced by Canadians. What governments must do is establish the regulatory infrastructure and fiscal framework that facilitate this production. Providing for the security of Canadians in times of crisis, particularly for the most disadvantaged, is a given for all orders of Canadian governments. Creating the conditions to increase productive capacities to help workers and businesses recover and rebuild is the true value-add we need from our governments

**\*David Allison Dodge** During a distinguished career in the federal public service, Mr. Dodge held senior positions in the Central Mortgage and Housing Corporation, the Anti-Inflation Board, and the Department of Employment and Immigration.



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Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés du 1er au 28 octobre inclusivement.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

## L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed from October 1st to October 28th inclusively.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinémas Guzzo Team

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# Library re-opened in Park Ex

*Park Extension library was re-opened on Tuesday, November 10, starting at 10AM to allow citizens to borrow books*



**Great news for readers in the community ... even though there are a few more rules to be followed, your local library urges you to spend some time reading the classics, or some contemporary writers as you wait for this storm to pass—as well as a few other services offered (Free image via Pixabay)**



**DOMENIC MARINELLI**  
Local Journalism Initiative Reporter  
For The Parc-Extension News  
domenic@newsfirst.ca

The Covid-19 pandemic has made many things hard. Of course that's a terrible understatement, but I'm going somewhere here, friends, so please stay with me.

In essence, the pastimes that we all go to in our down time have suffered greatly, specifically those pastimes that we need to leave the house to be able to partake in. One that comes to mind primarily is of course physical fitness. In recent weeks, we've gone in detail as to how the fitness industry has been hit by the pandemic, but the public libraries too have been hit equally hard and those that have suffered most because of this are those that make reading a huge part of their lives. And not only that ... as spending time at the local library is also a favored pastime of many, and in many communities all over the city—but especially those that can't afford to purchase books.

But great news has recently been announced and put into action.

### Park Ex Library has re-opened

The Park Extension library was back on Tuesday, November 10, starting at 10AM to allow citizens to borrow books. Citizens can now reserve them (online or by phone at 514 872-6071) and pick them up when they receive a confirmation. The entrance hall of the library is still under construction, as renovations still have yet to be completed.

Open yes, but still there will be reduced services in libraries

And yes, all because of the pandemic. These on the library website were updated on October 2, 2020.

"Due to the move of the Montreal Metropolitan Community to Tier 4 - Maximum Alert (red zone), Montreal libraries are offering reduced access to their services to comply with government directives aimed at slowing the spread of COVID-19. (As for Loans) The loan of documents is possible by reservation only. To do this, you must reserve the documents online or by telephone. When you receive an email or phone

notification that the documents are ready to be picked up, you can go to your library counter."

Other rules to remember state that there is a maximum of 15 reservations per card, the duration of loans will be 4 weeks for all types of documents; a maximum of 40 documents per card; subscriptions are possible in most libraries. The remote subscription service will be maintained as per the library website.

### Online services & Returns

Digital collections and online services, such as remote subscription, remain available at all times. The return of documents is maintained. You can return your loans at the library counter or by using the outside chute. You will need to return fragile items, such as games and musical instruments, to the counter as usual.

### Services not available

Of course there will be those services not available to one and all, as that is to be understood, especially with the constraints of the virus and the second wave, but as well as the ongoing renovations aforementioned above.

Access to shelving, workspaces and computer stations is no longer permitted. All animation activities on site in libraries and outside the walls are canceled. (Online activities remain).

It will not be possible to get an Accès Montréal card at the library as it stands right now and in the future if things progress as they are going right now.

### Public health instructions

Within authorized areas, the physical distance of two meters should be maintained and a face covering must be worn at all times (covering the nose and mouth)—something which is not being respected on public transport, in stores and in cramped spaces these days ... too many people aren't wearing the mask on their nose and mouth, as we've observed.

Because of work being conducted in other libraries around the city or specific security issues that are related to the current situation at hand, some libraries are not able to provide these services in full or even partially and it has been released that certain libraries will remain closed until further notice. Additional information can be located at should you have further questions or concerns: [bibliomontreal.com](http://bibliomontreal.com).



# What a Democratic win in the US means for Canada ( continued )

◀ Continued from page

4

don't know if any two world leaders have played golf together more than we have, but we meant to break a record". Their governments did have a few small trade quarrels over the years: softwood lumber, etc., but overall they were essentially quite friendly. Both leaders had run on abolishing NAFTA and the Clinton administration lent rhetorical support to Canadian unity during the 1995 referendum in Quebec on separation from Canada.

## Harper and Bush

Things weren't all that peachy during this administration either. Stephen Harper and George W. Bush were known to have good personal relations and also close ties between their administrations. Bush was so unpopular among liberals in Canada (particularly in the media); this was underplayed by the Harper government, according to Wikipedia.

Shortly after being congratulated by Bush for his victory in February 2006, Harper admonished U.S. ambassador to Canada David Wilkins for criticizing his plans to assert Canada's sovereignty over the Arctic Ocean waters with military force.

Interestingly enough, things were better when a democrat got into power in the states ... relations between Canada and the US were in fact A-OK when Harper and Obama were running both countries respectively, despite Harper being a conservative leader himself.

## Justin Trudeau and Barack Obama

Both of these leaders expressed eagerness for cooperation and coordination between the two countries during the course of Trudeau's government with Trudeau promising an "enhanced Canada-U.S. partnership".

According to Wikipedia, On November 6, 2015, Obama announced the U.S. State Department's rejection of the proposed Keystone XL pipeline. Trudeau expressed disappointment but said that the rejection would not damage Canada-U.S. relations and would instead provide a "fresh start" to strengthening ties through cooperation. "The Canada-U.S. relationship is much bigger than any one project," Trudeau said at that time. Obama, for his part praised, and on many occasions, Trudeau's efforts and work towards the reduction of climate change. Despite withdrawing Canada's McDonnell Douglas CF-18 Hornet jets assisting in the American-led intervention against ISIL, Trudeau said then that Canada would still "do more than its part" in combating terrorism.

Trudeau visited the White House for an official visit and state dinner on March 10, 2016. Trudeau and Obama were reported to have shared warm personal relations during the visit, discussing who had better beer and who played a better hockey game. Of course all of the above administrations had their critics, but the obvious facts do remain.

## The last four years

Things have been extremely strained during the last four years and that has been evident, and both in the media and in reality. At times it seemed like the two countries were inches away from serious altercation and that was extremely sad to see, the threat of issues erupting among the two nations causing an overall trepidation in many people both north and south of the border. For me, a proud Canadian and admirer of the United States, I was saddened more than anything else. Here I was a child of the nineties era, when relations between the countries that had given me so many books to read, so much music and television to watch were seemingly at each other's throats.

So in the end, a democratic win is hopeful (if I can say that without leaning too much towards one side)—especially after looking to the past, which is the best place to learn from. Best of luck to our neighbors to the south.

Domenic Marinelli

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# In Memoriam & Obituaries

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### RATHOD, Ranjitsinh 1931 - 2020



It is with heavy hearts that we announce the passing of Ranjitsinh RATHOD at the age of 89.

C'est avec grande tristesse et le cœur lourd que nous vous annonçons le décès de Ranjitsinh RATHOD, à l'âge de 89 ans.

### DALPÉ, Gisèle 1935 - 2020



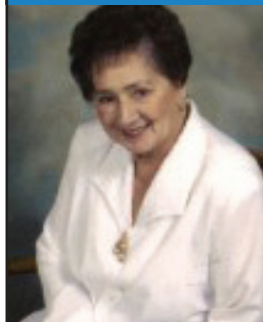
At Marie-Clarac Hospital, in Montreal, on November 6, 2020, passed away at the age of 85, Mrs. Gisèle Dalpé, wife of Paul Gravel. Predeceased by her daughter Francine, she is survived by her husband, her children Jean-Pierre (Micheline), Sylvie (Alain), Christiane (Martin) and Mario (Sylvie), her grandchildren Sébastien, Dominic, Derek, Cédric, Claudia and Lydia, her great-grandchildren, siblings and other relatives and friends.

### BORNSTEIN, Robert (Bobby) 1930 - 2020



Peacefully, on Friday, November 6, 2020, just shy of his 90th birthday, surrounded by his adoring family. Loyal and devoted husband of the late Barbara. Treasured father and father-in-law of Garner and Lynne, David and Abigail, Lisa and Phil. Proud Papa of Charlotte (Jordan), Emily, Alex, Elijah, Mikaela and Lilah. Brother of the late Richard. Warm-hearted uncle and great-uncle to his many nieces and nephews.

### DELORME, Jeannine 1925 - 2020



In Montreal, on November 4, 2020, at the age of 94, passed away Madame Jeannine Delorme, wife of the late Gérard Mallette and companion of the late Jean-Paul Giroux. She is survived by her daughters, the late Nicole Mallette (late Henri Roy), Danielle Mallette (Bernard Gobeil), Claudine Mallette (Guy Beaupré), her son Yvon Mallette (Gisèle Barré) as well as her grandchildren Line Roy (Francis Chartrand), Julie Mallette (Ken Jackson), Nathalie Roy, Karine Gobeil (Fanny Lamoureux), Marie-Josée Beaupré (Luc Chiasson) and François Beaupré and his great-grandchildren Lydia Gobeil, Alexis Chiasson, Xavier Chiasson, Mélodie Fortin and Juliette Fortin as well as several relatives and friends.



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# HOROSCOPE

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**ARIES, AQUARIUS AND PISCES**



## ARIES

You'll feel isolated as you shoulder all the responsibility at work and at home. At least a few people will notice your hard work and reward you for it. In some way, you'll be recognized for your efforts.



## TAURUS

Changes are on the horizon. If you go with the flow, you'll find that your worries disappear on their own. Your passion project will come to fruition much faster than you thought possible.



## GEMINI

You'll need to clarify a financial situation at work. A few negotiations could get rather tense this week. You'll also need to better balance your work and personal life if you want to feel more at ease.



## CANCER

Your love life will take up a lot of your time, and you'll enjoy several romantic moments. A co-worker will make an unexpected, and perhaps inappropriate, declaration of love that you likely won't reciprocate.



## LEO

Plenty of rest will be necessary to recover from a bad cold. After spending a few days at home, you'll need to catch up on work over the weekend. The new moon will have your imagination firing on all cylinders.



## VIRGO

You'll struggle to get in touch with certain people who aren't returning your calls. Don't be surprised if they finally get back to you all at once. Your phone will be ringing off the hook and some people might drop by unannounced.



## LIBRA

Many people will want to get to know you better and you'll be willing to let them. Your social life will be very active, and you'll have a lot to talk about. Additionally, your romantic partner will be very generous toward you this week.



## SCORPIO

You'll spend part of the week shopping. You'll also be tempted to rethink your home's interior design. Among other things, you'll be eager to get a head start on putting up Christmas decorations.



## SAGITTARIUS

You'll feel both inspired and lazy this week. You might spend your free time creating a masterpiece, or you may simply bask in other people's work. This might involve watching an entire season of an inspiring TV show.



## CAPRICORN

You won't always feel comfortable in a large crowd. Luckily, you'll meet intriguing people who inspire you to overcome new challenges and broaden your social circle.



## AQUARIUS

Procrastination will be your constant companion this week. Luckily, your loved ones will help you get your priorities back in order. They'll also make you laugh, which will help lift your spirits and renew your love of life.



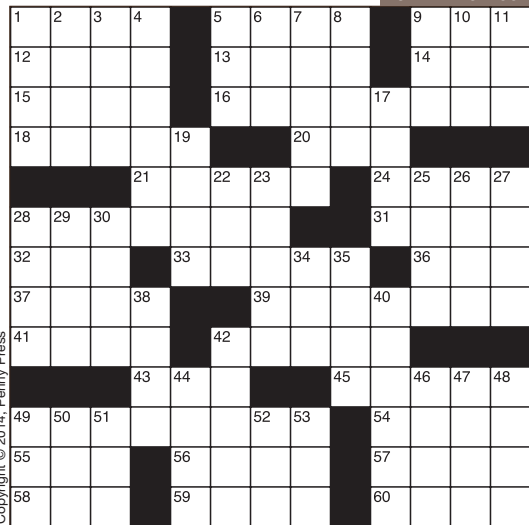
## PISCES

Even if you don't think it's a realistic plan right now, you'll take a sudden trip out of town. At work, you'll bring together clients from different communities, which will help you achieve great success.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1007



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### ACROSS

1. Mispronounce
5. Military installation
9. As well
12. In the past
13. Verbal
14. Wise bird
15. Leading actor
16. Hated
18. Remedy
20. Mouse chaser
21. Cut
24. Refs' kin
28. Insect home
31. citizenship
32. "Whom the Bell Tolls"
33. Exercised
36. "A Tale of \_\_\_\_\_ Cities"
37. Powerful particle
39. Clear to see
41. Perform again

42. Heroic
43. Rowboat need
45. Moray fisherman
49. Most questionable
54. Long skirt
55. Greedy person
56. Do a fall chore
57. Sermon topic
58. Mama sheep
59. Rind
60. Go out with

8. Not guilty, e.g.
9. Small child
10. Be obliged to pay
11. "The \_\_\_\_\_ Curiosity Shop"
17. Nailhead
19. Trim
22. Entirely
23. Trickier
25. Speechless
26. Chess piece
27. Bank opening
28. Off at a distance
29. Observe
30. Trampled
34. Ms. Peron
35. Go off the high board
38. Attitude
40. Considered
42. Hiatus

44. Put on \_\_\_\_\_ (act snobbishly)
46. Volcano's output
47. Door sign
48. Agitate
49. This girl
50. In what way
51. Mature, as wine
52. Jump or lift
53. Toe count

### DOWN

1. Didn't win
2. Involved with
3. Look over quickly
4. \_\_\_\_\_ the thought
5. Atlantic food fish
6. Exist
7. Equal

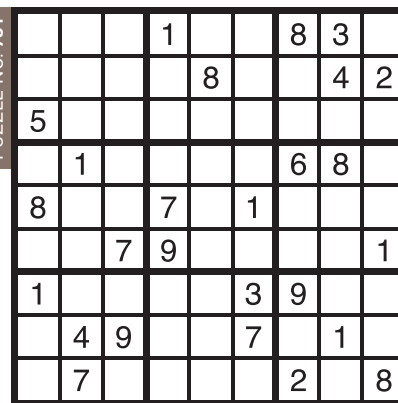
# Sudoku

## HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 731

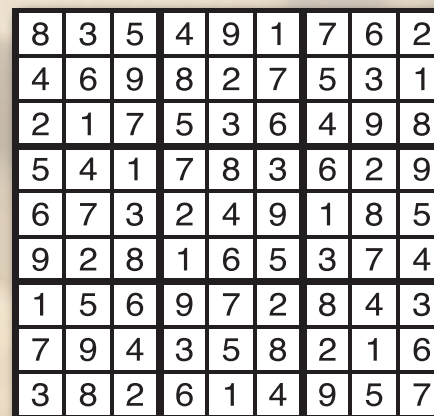


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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